

10 minute  
**Menopause Reset**



*An evidence informed yoga therapy  
practice for menopause support.*

BY FAY DWYER C-IAYT



# Introduction

---

If you're navigating menopause while managing a demanding career, you may recognize feeling “wired but exhausted”, distracted in meetings, struggling to sleep, or suddenly overwhelmed by stress that once felt manageable.

Hormonal shifts during menopause can place extra strain on the nervous system, affecting focus, mood, sleep, and energy. When your nervous system is under constant pressure, even small challenges can feel enormous.

The good news is that restoring balance doesn't require hours of self-care or a complicated routine. In just ten minutes, simple yoga therapy practices can help calm the nervous system, regulate breath, and create a sense of steadiness in both body and mind.

*This 10-Minute Menopause Reset is designed specifically for busy women who want a practical way to pause, reset, and reconnect with their natural resilience—so you can move through your day with greater clarity, calm, and energy.*

# About Me

---



I'm a C-IAYT certified yoga therapist supporting individuals and couples navigating stress, anxiety, and significant life transitions. I have a particular passion for working with women experiencing the challenges of perimenopause and menopause.

My approach is grounded in nervous system regulation and evidence-informed practice, integrating therapeutic movement, breathwork, and embodied awareness to support meaningful, sustainable change. Together, we work toward greater steadiness, clarity, and resilience — not by pushing through, but by restoring balance from within.

*Fay*

# Contents

## Check in

01

A baseline assessment to provide feedback on autonomic nervous system state

## Breath reset

02

Targeted breath intervention to reduce stress, hot flashes and hyperarousal

## Gentle movement & mobility

03

Reduces cervical/thoracic tension, improves posture, and promotes circulation

## Body scan

04

Somatic awareness increases body awareness, proprioception & supports self-regulation of stress

## Grounding & closure

05

Consolidates nervous system reset, primes focus, and supports parasympathetic activation for improved performance



# 01

---

## Check in

- Sit comfortably
- Press your back gently into the back of your chair and feel the contact
- Alternatively you can stand and start to notice the your feet on the floor
- Scan your body starting from your feet, moving slowly upwards to your head
- Notice “where do you feel tension, heat, or stress in your body right now?”
- Take a slow, natural inhale and exhale through your nose



*Why: Brief check-ins support interoceptive awareness and provide a baseline for autonomic nervous system regulation.*

1 minute

---

# 02

## Breath Reset



- Diaphragmatic Breathing with 4-7-8 Pattern:
  - Inhale through your nose for 4 counts
  - Hold your breath for 7 counts
  - Exhale through your mouth for 8 counts
- Repeat for 3–5 rounds.

**Sleep/Fatigue:** inhale count 4 exhale count 6

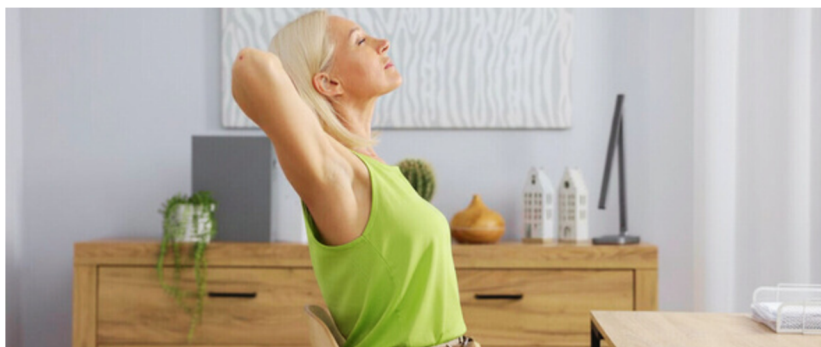
**Brain Fog:** 1–2 rounds box breathing (inhale 4, hold 4, exhale 4, hold 4)

**Anxiety:** Hands on heart/abdomen; slow audible exhale

**Imposter Syndrome:** Pair with micro-intention: “I am capable”

*Benefit: Helps balance the autonomic nervous system and reduce hot flash intensity.*

3 minutes



# Gentle Movement & Mobility

## 03

- Shoulder Rolls & Neck Release – slow, mindful rotations
- Seated Cat-Cow: Inhale to arch your spine (chest forward head up) exhale to round (drop your head to your chest)
- Optional: Seated side stretches

**Hot Flashes:** Open your chest, slight thoracic extension

**Anger:** Slow, controlled movements

**Brain Fog:** Micro arm swings, shoulder shrugs for alertness

*Rationale: Gentle spinal mobilization and shoulder/neck opening reduces muscular tension and improves thoracic flexibility, which may be restricted during hormonal transitions.*

3 minutes

# 04

---

## Body Scan

- Slowly scan your body, starting from your feet, moving up towards the crown of your head
- Observe any sensations, without judgment, just notice
- Optional: imagine the feeling of calm moving through your body

**Anxiety:** Focus on exhaling tension from jaw, chest, shoulders

**Imposter Syndrome:** Observe posture, note areas of confidence vs tension

**Anger:** Identify heat/tightness and consciously soften



*Note: Mindful awareness practices have been shown to reduce stress, promote emotional regulation, and support nervous system resilience during menopause.*

2 minutes

# 05

## Grounding & Closure



- Shut your eyes or have soft focus gaze
- Place your hands on a body part if that feels supportive, the heart, the belly, over your eyes
- Take one full breath
- Set a focus for yourself, an example might be

“Calm mind. Clear focus. Strong day”

**Sleep/Fatigue:** Visualize calm regulated breathing

**Anxiety/Imposter Syndrome:** Repeat affirmation: “I am present, capable & grounded”

**Anger:** Exhale fully, tactile grounding (palms on floor/chair)

*Consolidates nervous system reset, primes focus, and supports parasympathetic activation for improved performance.*

1 minute

# Conclusion & Next Steps

Menopause is not simply something to endure—it is a transition that asks for a new kind of care and awareness.

Taking ten minutes each day to pause, breathe, and move with intention can become a powerful way to support your nervous system and reconnect with your inner steadiness.

Let this short practice be a reminder that you don't have to push through exhaustion or stress alone. Small, consistent moments of nervous system care can make a meaningful difference in how you feel throughout your day.

Return to this reset whenever you need a moment to recalibrate.

Your nervous system will remember the way back to balance.

*If you'd like deeper support, personalized yoga therapy sessions can help you create practices tailored to your nervous system, lifestyle, and stage of life.*